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Supplement Table 1: Baseline characteristics of participant included and excluded in the analysis

Category	Participants not included	Participants included	P value
	Mean (SD) or percent	Mean (SD) or percent	
Age (years)	53.7(4.5)	50.1(6.5)	<0.01
Systolic blood pressure (mmHg)	134.9(17.6)	131.3(14.4)	<0.01
LDL-cholesterol (mmol/L)	4.09(1.03)	3.80(0.91)	<0.01
HDL-cholesterol (mmol/L)	1.29(0.31)	1.30(0.29)	0.5
Cr (mg/dl)*	1(0.9,1.1)	1(0.9,1.1)	0.94
Body mass index (kg/m ²) [§]	26.9(3.6)	26.7(3.3)	0.25
Resting Heart Rate (beats/min)	62.7(11.0)	62.1(10.5)	0.33
Smoking (yes)	34.3	23.1	<0.01
History of cardiovascular disease (yes)	40.2	27	<0.01
History of type 2 diabetes mellitus (yes)	6	3.1	0.01
Left ventricular hypertrophy (yes)	1.8	0.4	0.03
VO _{2max} baseline (ml/min*kg)	29.5(7.8)	33.1(8.0)	<0.01

*Data are reported as median [IQR]